

Consent to be a Research Subject

Introduction:

This research study is being conducted by Kira Brandt at Brigham Young University-Hawaii to determine whether or not location of a student's residency has a ramification on overall health behaviors.

Procedures:

You will be asked to complete a questionnaire. The questionnaire consists of 26 questions and will take approximately 5 minutes to complete. Questions will include details about your demographics including gender, nationality, location of residency, cafeteria visits, and mode of transportation. The survey will then inquire about the student's various health habits, which include, meal tendencies, water, fat, sugary drink, fruit, vegetable and supplement intake, and exercise and stress management patterns.

Risks/ Discomforts:

There are minimal risks for participation in this study. However, there is a chance participant may feel emotional discomfort when answering questions about personal health habits. The moderator will be sensitive to those who may become uncomfortable.

Benefits:

There are no direct benefits to subjects. However, it is hoped that through participation, researchers will learn more about student habits and better be able to accommodate and facilitate healthy habits through the moderation of on and off campus housing as well as campus amenities.

Confidentiality:

All information provided will remain confidential and will only be reported as group data with no identifying information. All data, including questionnaires, will be kept in a locked storage cabinet and only those directly involved with the research will have access to them. After the research is completed, the questionnaires will be destroyed.

Compensation:

Participant will receive no compensation for the participation in this study.

Participation:

Participation in this research study is voluntary. You have the right to withdraw at anytime or refuse to participate entirely without jeopardy to your standing with the university.

Questions about the Research:

If you have questions regarding this study, you may contact Kira Brandt at 714-697-4233, kirabrandt@go.byuh.edu or Dr. Joel Reece at 808-675-3353, joel.reece@byuh.edu

Question about your Rights as Research Participants:

If you have questions you do not feel comfortable asking the researcher, you may contact Dr. Boyd Timothy, IRB Chair, (808) 675-3931, boyd.timothy@byuh.edu

I have read, understood, and received a copy of the above consent and desire of my own free will and volition to participate in this study.

Signature: _____

Date: _____

Demographics:

1. Are you male or female? _____
2. What is your family background? Mark the one best answer.
☐ White Non-Hispanic or Anglo
☐ White Hispanic (Mexican, Puerto Rican, Cuban, or Latin American)
☐ African American
☐ Indian or Native American
☐ Asian
☐ Pacific Islander
☐ Other. What? _____
3. Do you live on-campus or off-campus? _____
4. Do you have access to a full kitchen (stove and oven included)? _____
5. Do you have a meal plan at the campus cafeteria? _____
6. What is your primary mode of transportation? (Car, bus, bike or walking) _____

Health Habits Evaluation:

(Please answer the following questions with a YES or NO to the best of your ability.)

1. _____ Do you eat a healthy breakfast nearly every day? (whole grain cereal; eggs; whole grain pancakes; yogurt; fruit; whole grain toast)
2. _____ Do you eat a healthy snack between breakfast and lunch? (fruit; nuts; bean dip; vegetables or similar healthy foods)
3. _____ Do you eat a healthy lunch nearly every day? (soup; salad; tuna; chicken; turkey; whole grain pasta; fruit; vegetables or similar healthy choices)
4. _____ Do you eat a healthy snack between lunch and dinner? (fruit; nuts; energy bar; bean dip; vegetables or similar healthy foods)
5. _____ Do you eat a healthy dinner nearly every day? (salad, turkey; chicken; fish; vegetables; sweet potato or other similar healthy foods)
6. _____ Do you drink at least 6-8 glasses of water every day?
7. _____ Do you limit your consumption of saturated fat to a few times each week? (red

meat; dairy products; fried foods)

8. ____ Do you make an effort to eat unsaturated fats several times a week? (salmon; tuna; sardines; olive oil; canola oil; sunflower oil)
9. ____ Do you limit your intake of sugar and sweets to a few times per week? (candy; desserts; refined flour such as bread, cakes or donuts and other sugary foods)
10. ____ Do you limit your intake of soft drinks to a few times per week?
11. ____ Do you limit your intake of fast foods to a few times per week?
12. ____ Do you eat 2-5 servings of fruit on a daily basis?
13. ____ Do you eat 2-5 servings of vegetables on a daily basis?
14. ____ Are you careful to eat some raw fruits and vegetables every day and not over cook your food, which destroys enzyme and nutrient levels?
15. ____ Do you watch the portion size of your meals?
16. ____ Do you try to eat something healthy about every 3 hours in order to keep your blood sugar level in a safe range and avoid the storage of fat on your body?
17. ____ Do you take quality nutritional supplements, especially for the common deficiencies such as vitamins A, B. C. D, E, omega oils, magnesium, zinc?
18. ____ Do you get at least 30 minutes of exercise almost every day in order to help burn calories, build muscle, improve metabolism, improve delivery of nutrients and facilitate the removal of toxins from the body?
19. ____ Do you practice some form of stress management most days such as yoga, meditation or deep breathing?
20. ____ Do you attend the campus gym or another fitness facility on a regular basis? (3-5 times a week)